

Base Briefs

GOOD FRIDAY SERVICE

The base ecumenical Good Friday service begins at 3:30 p.m. today in Chapel 1.

UNIT ACTIVATION

There is an activation and assumption of command ceremony for the 614th Space Intelligence Squadron from 2 to 3:30 p.m. Tuesday in front of building 10577. Nebraska Avenue is closed to traffic during the ceremony.

OUTDOOR CLOSURE

Vandenberg has resumed outdoor activities on base with one exception. The base's Area 4 is closed to recreational activities Sunday – April 25. For information on Area 4 boundaries, call the fish and wildlife office at 606-6804.

EARTH DAY

Vandenberg celebrates Earth Day '03 from 10 a.m. to 2 p.m. Tuesday in the base exchange courtyard. The Regional Water Quality Control Board and the Air Pollution Control District will perform demonstrations and "Sarg," Team V's range horse, will be on hand. Complimentary barbecue is available. For more information, call Pat Maloy at 605-0544.

ANTI-TERRORISM NIGHT

Team V conducts a community anti-terrorism night at 7 p.m. Wednesday in the Chapel 1 Annex. Topics include installation security, individual and family protective measures and the detection of weapons of mass destruction. For more information, call Tech. Sgt. Randy Martinez at 606-0648.

VCA GOLF TOURNEY

The Vandenberg Competition Association Golf Tournament starts at noon April 29 at Marshallia Ranch Golf Course. The tournament is a 4-person scramble. Call 1st Lt. Paul Lucyk at 606-8631 or Capt. Scott Lisko at 606-8683.

FLO TRAINING

Family Liaison Officer training is scheduled from 10 a.m. to noon and 2 to 4 p.m. May 1. Personnel appointed, as a liaison officer for their unit must attend one session for initial or refresher training. For more information, call Calvin Tucker at 606-3653.

CHANGE OF COMMAND

The 9th Space Operations Squadron changes command at 10 a.m. May 2, in the Pacific Coast Club Ballroom. A reception follows. Maj. Lois Diggs relinquishes command to Maj. Patrick Assayag.

APAA MEETING

The Asian Pacific American Association meets at 4:45 p.m. Thursday in the base library conference room to discuss plans for May's Asian Pacific Heritage Month events. Call 1st Lt. Pete Kim at 606-6832 or Capt. Rich Domingo at 588-7530.

See BRIEFS Page A4

Deployed troops return home

By AIRMAN 1ST CLASS BRYAN FRANKS
30th Space Wing Public Affairs

Sixteen members of Vandenberg's 30th Civil Engineer Squadron returned to the Central Coast April 8 after a three-month deployment in Southwest Asia.

Friends and family greeted the troops who arrived by commercial plane at the Santa Maria Airport.

"I was peering out the window of the plane and I could see my family at the gate," said Tech. Sgt. Preston Benedyk. "All I wanted to do at that point was jump off the plane to get to them."

Members of 30th CES also turned out to show their support for the troops who were deployed during Operation Iraqi Freedom.

"All I could see was a sea of green as we taxied up to the terminal," said Staff Sgt. Mark Diaz. "I just thought our families would be there to pick us up. I never expected people from my squadron to be there."

"It was really great seeing everyone turn out on short notice," Benedyk said.

Not wanting to jinx his return, Benedyk didn't contact his family



Autumn Diaz, 8, anxiously awaits the return of her father, Staff Sgt. Mark Diaz, 30th Civil Engineer Squadron.

until he was sure he was coming home.

"I waited 'til I was in Baltimore to call my family to let them know I was coming home. I knew once I was in the United States it was a sure thing," Benedyk said. "The

See RETURN page A4



PHOTOS BY ED SOUZA, SANTA MARIA TIMES

Holly Diaz (left) and her daughter Elizabeth, 14, hug returning husband and father Staff Sgt. Mark Diaz, 30th Civil Engineer Squadron. Diaz and 15 other 30th CES troops returned April 8 from a 90-day deployment in Kuwait.

City of Angels sends love, support

By MAJ. STACEE N. BAKO
30th Space Wing Public Affairs

When a country music station in Los Angeles held a donation drive to support the families of deployed airmen here, they had no idea the 12-hour drive would yield nearly 40,000 pounds of items including diapers, baby wipes, snack foods, toiletries, toys, paper towels, toilet tissue, games and phone cards.

This is the second time KZLA has sponsored a drive in support of the military.

"The original drive was done just to send items overseas to the troops because of the war," said Brandon Thompson, KZLA event coordinator, who coordinated the drive with the station's marketing director Bonnie Marquez. "We (civilians) wanted to feel like we've helped and supported the troops and we did that the first weekend."

"Then we heard stories of families left behind from listeners, so we looked for organizations that helped families."

What they found was Operation Global Hearts, an Inspector General benchmark program here, specifically designed to help the families of deployed airmen. The program helps the families of deployed airmen here, but also the families of Guard and Reserve personnel who live in the area and have been mobilized.

Station employees set up a makeshift donation area April 4, with a 48-foot semi, which was also donated. They broadcast the location and what was needed on air. Marines stationed at Camp Pendleton heard the broadcast and decided to help out their brothers in arms. They brought manpower to load the truck as well as a Marine Corps



PHOTO BY AIRMAN 1ST CLASS CRAIG CISEK

30th Space Wing members team up to unload supplies donated April 9 to the families of Vandenberg's more than 200 deployed members.

Humvee and the Marine Harley Davidson.

Listeners stopped to make donations and some stayed to help pack the boxes and load

them on the truck.

When the truck arrived at Vandenberg it took 37 volunteers three hours to unload all the goods, at about 1,000 pounds per person.

Operation Global Hearts volunteers were delighted with the donations, citing that it meant a lot for many reasons. First, because there is no budget for the program, it operates strictly by donations. Another reason was more personal.

"We've had protesters at the gates recently and it's hard to explain to your kids why people don't like us," said Kim Saheim, 30th Services Squadron. "So to see the outpouring of generosity from a community that's not military, means that people think our military members have an honorable career. And we can tell our kids, 'See, people support your Mom and Dad.' That means a lot to them."

Saheim knows this first hand because she is the spouse of someone who has deployed on a remote and then again to the Middle East, practically back-to-back.

She has two kids, and works full time, so she

See DONATIONS page A4

Command changes scheduled for Team V

By STAFF SGT. REBECCA BONILLA
30th Space Wing Public Affairs

Two of Team Vandenberg's group commanders have been selected for re-assignment this summer.

Col. Edward Bolton, 30th Operations Group commander, moves to Los Angeles AFB as materiel wing director of Satellite and Launch Control for the Space and Missile Systems Center. Bolton arrived here in May 2002 and is set to move in July.

Col. Charles Campbell, 30th Medical Group commander, moves to Bolling AFB, Washington, D.C., as the director of Medical Operations. Campbell is set to move in June after completing a two-year assignment here.

Col. Stephen Tanous takes over command of the 30th OG. He arrives here from Army War College at Carlisle Barracks, Pa.

Col. Gregory Allen assumes command of the 30th MDG. He comes to Vandenberg from an assignment as commander of the 61st Medical Services Squadron at Los Angeles AFB.

Med Group takes on challenge in Guatemala

By 2ND LT. MICHELLE MAYO
30th Space Wing Public Affairs

The day the United States began Operation Iraqi Freedom, nine medical professionals from the 30th Medical Group were overseas fighting a battle of a different kind.

They were in the small Central American country of Guatemala battling poverty, language barriers and sometimes helplessness to give much needed medical care to more than 7,200 impoverished Guatemalans.

The medical team was on a 15-day humanitarian mission to provide acute medical treatment, medication, vitamins and health education to four remote villages in Guatemala's Quetzaltenango province.

The 10-person team was made up of a dentist, an optometrist, a pharmacist, a pediatrician, a physician's assistant, dental technician and four physicians, including one from the 60th MDG at Travis AFB.

In a country where 60 percent of the population lives below



PHOTO BY CAPT. TONYA EVERLETH

Patients in Guatemala stand in line, some waiting since 4 a.m., to see doctors from the 30th Medical Group on a humanitarian mission.

poverty level and does not have access to routine medical care, there were many obstacles to overcome.

The doctors worked out of large one-room gymnasiums and schools. In one village, the Guatemalan military donated chairs

and tables as there were none to be had in the village.

Patients lined up as early as 4 a.m. in hopes of seeing one of the doctors. The group saw about 700 patients per day.

"The patients are not used to the medical care that we (in the

United States) are used to," said Capt. Tonya Everleth, 30th MDG chief of pharmacy services. "Some had never seen a doctor and most had never taken pills."

"It made things interesting," she said. "It made it important to really communicate, not just say the words, but explain the importance of taking antibiotics three times a day or explain the prescription."

According to Everleth, the pharmacy gave out roughly 20,000 prescriptions in 10 days.

Many of those were medications for stomachaches and other minor aches and pains, along with stronger antibiotics to treat infections and worms.

Then there was the language barrier.

Quetzaltenango is home to a large population of Quiche and Mam Mayan Native Americans who speak Spanish as a second language.

So despite the fact that the group had a fluent Spanish speaker among them, translators provided by the Guatemalan military and two months of medical Spanish classes, communication was sometimes difficult.

"Sometimes, the translators would have to translate from Mam to Spanish to English then back again," explained Dr. (Lt. Col.) Steven DeAnda, 30th MDG optometrist.

In addition, there was illiteracy to overcome. About five million of Guatemala's 13 million people cannot read or write.

It made testing people's vision more of a challenge.

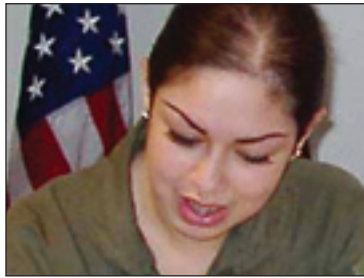
"Here at home, when you check someone's vision, you simply ask

See CARE Page A4

In this issue of the



Also view
The Space & Missile Times at
www.vandenberg.af.mil and click
the Space & Missile Times button.



Team V member takes top award as California Air National Guard Airman of the Year. See Page A3.



Destinations Central Coast visits the Santa Maria Discovery Museum for fun and learning. See Page B1.

Weekend forecast
Partly cloudy Friday and Saturday.
Turning sunny Saturday afternoon.

Low/High
44/63

For a full Vandenberg weather report, visit
www.vandenberg.af.mil/30sw/organizations/30og/weather/weather

Chief outlines meaning of Old Glory

By Chief Master Sgt. Michael Morey
30th Space Wing command chief

Everyday, I see Old Glory flying majestically in all its brilliance, across the base and within our communities on vehicles, homes and businesses. I'm proud to serve under its banner and sincerely believe that the colors of this great symbol serve to remind us each day of what is required, no, expected of us as national defense professionals.

First, *red* symbolizes the code of "duty, honor, country" which guides our actions and decisions. It also represents the many and varied sacrifices we make daily, to achieve success in defending and protecting the ideals, liberties, and freedoms of the democracy we hold so dear.

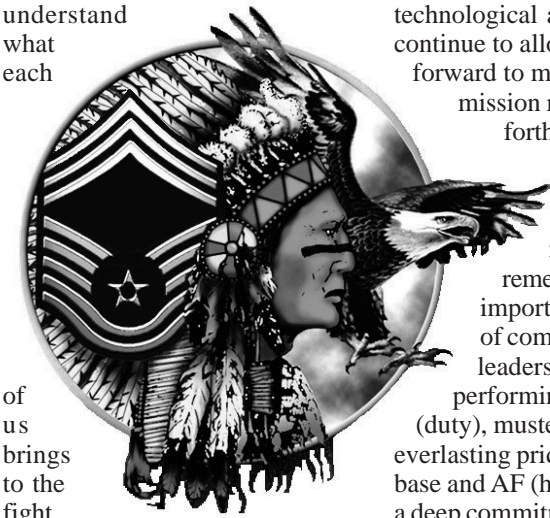
I witness and experience these things every day; the young airmen who are anxious to go and serve their country; the NCOs who work 12-14 hours daily, leading and supervising the enlisted corps; the officers who inspire, motivate, and enthuse their units and manage the resources available to them to assure mission accomplishment; and equally important, the civilian corps who provide the stability, continuity, and experience to ensure home-base missions are fulfilled and completed.

Finally, the *red* serves to remind us of the 225 plus years that men and women of all walks of life gallantly paid the ultimate sacrifice. They gave their lives in defense of this country through their courageous and selfless endeavors to ensure life, liberty, and the pursuit of happiness remain the American way.

Old Glory's *blue* swaths represent three things: First, air and space power. The mission

must always be our No. 1 priority. To achieve mission success, everyone must work together as a team for our base and community.

Every member of the team, military and civilian, is a key and essential element for mission completion. Sometimes, we must extend a helping hand to one another so that we can better understand what each



of us brings to the fight.

The operator affects the accomplishments and achievements of the entire team, whether launching a satellite into space or flying a security mission. The medic provides our care and keeps us healthy. The security forces member guarantees our safety and security. The engineer maintains our base and its infrastructure. The administrator keeps the paper flowing and the technology working. The civilian manager uses the available resources to manage our contractual requirements, and so on.

Without the people, the mission won't happen and without the mission, we have no reason for existence. However, put the two together and you have the key ingredients that define the best air and space

force in the world.

Second, the *blue* serves to recognize our heritage and traditions. Although we are a young service, we continue to define our character and make history every day because of people like you. Our creativity, ingenuity, and innovative abilities have put us at the forefront of technological advances and continue to allow us to look forward to meet the needs and mission requirements put forth.

Also, in the sense of tradition, we must always remember the importance of our chains of command, developing leaders and supervisors, performing our very best (duty), mustering a sincere, everlasting pride in our team, base and AF (honor), and finally, a deep commitment to keeping our nation safe and strong (country).

Third, *blue* reminds us of our past, our present, and our future by giving us a sense of direction and purpose. It is important that we never forget where we came from, what it took to get here, and how we define our future.

And finally, *white* characterizes the purity of the written and unwritten expectations all levels of leadership require of the team.

A majority of these things are outlined through our core values, oaths, creeds, charges, and other things. They help define the expectations our leaders and people require of us, and what we must demand of ourselves in protecting freedom.

All of the rules, regulations, policies, and standards we have

are created and enforced to guide and direct our every action, both individually and collectively as defense professionals. We need these things to ensure we remain staunch professionals.

For instance, our core values were created and documented in the "Blue Book." The "Blue Book" outlines their development and why we need them. They create the admission price to join a great military department, point to what is universal and unchanging in the profession of arms, define our ethical climate, and they serve to vector our professional conduct.

We all take an oath for the office we hold, which provides us with a personal commitment to this calling.

Enlisted people have charges and creeds to guide their future successes and endeavors as military professionals. These things, when appropriately applied or complied with in their purest forms, create an atmosphere of pride, high morale, camaraderie, and esprit-de-corps.

Our flag, the symbol of democracy, is more than a piece of red, white, and blue cloth that we fly just because. It is the foundation of our existence and what we are all about, as a nation, military department, and professional team.

The colors mean many things. Hopefully, each of you will look within yourselves and see our flag in a different light so that you can be focused, committed and dedicated to the cause of freedom.

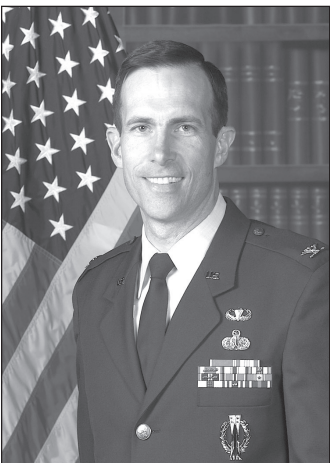
The colors motivate, enthuse, and inspire me to be my best, both personally and professionally, and I hope they do the same for you. As always...to the Colors!



Call 606-7850 or
E-mail your message to
actionline@vandenberg.af.mil

Mission success is our top priority, and the talented men and women of Team Vandenberg get it done with excellence.

Key to the effectiveness of any great team is good communication. The 30th Space Wing Commander's Action Line is your direct communication link to me. It provides an avenue for you to voice your concerns, share constructive ideas, or give your Vandenberg teammates a pat on the back. I appreciate



Col. Robert M. Worley II
Commander

your input, and I am personally involved in every response.

Thank you for helping to make Vandenberg such a great place to work and live.

When calling the action line, please leave your name and phone number in case more information is needed.

The 30th Space Wing Mission:

To provide combat capabilities through launch, range and expeditionary operations.

Vision:

America's finest professionals building the best spaceport and test range in the world.



SPACE & MISSILE TIMES

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Team V member wins ANG annual award

Airman proves hard work can pay off

By AIRMAN JUANIKA GLOVER
30th Space Wing Public Affairs

The state of California named a member of Team Vandenberg as the 2002 Air National Guard Airman of the Year.

Staff Sgt. Januari Reyes, 148th Space Operations Squadron, is a satellite systems operator and instructor for the Milstar constellation. She was announced as the winner during a formal ceremony at the state's capital.

Reyes is personally a well-rounded and dedicated person, said 2nd Lt. Michael Schmitz, 148th Space Operations Squadron operations officer.

He said one of the things that made her stand out was being named the distinguished honor graduate upon completion of the Milstar initial-qualification training course.

"It's a rough course to begin with. Getting the highest grade in the course is a difficult accomplishment," said Schmitz.

The reason it was so unique is that Reyes is the first and only airman in the history of the Milstar course to earn the award. She surpassed officers and non-commissioned officers in the same class, Schmitz said.

"She is one of the most driven people I have ever met," he added.

Besides making Air Force history, Reyes has earned 5 ratings on every one

of her enlisted evaluations. She was cited for excellent performance during a staff assistance visit and staff evaluation team inspection.

As a part-time student at Embry Riddle University, Reyes maintains a nearly flawless grade point average. As the squadron timekeeper, she ensures time cards are accurate and legal for all her unit's civil servant employees, she said.

"I was also part of a three-man Guardian Challenge team which defeated our sister squadron, the 4th Space Operations Squadron, at Schriever AFB, (Colo.)," said the Milstar instructor.

According to Reyes' nomination packet, her operational knowledge and experience exceeds the majority of the seasoned operators in the space-force. It labeled her as an instant stand-out who is cool under fire and goes the extra mile to get the mission completed.

Reyes is all over the place when it comes to volunteering her time for a worthy cause. She supports the AIDS Foundation, the San Luis Obispo Children's Museum, the firemen's fund in New York City, the American Diabetes Association and the Operation USO Care Package effort.

"I feel deeply for those who have been deployed, and I want to support them in any way that I can," she said. "I intend on sending \$25 from each



CONTRIBUTED PHOTO

Staff Sgt. Januari Reyes, 148th Space Operations Squadron, works with Senior Master Sgt. Joseph Buchanan, 148th SOPS. Reyes is California's Air National Guard Airman of the Year for 2002.

paycheck (to the USO Care Package effort) until our soldiers come home."

Reyes said she felt excited and proud to be named Airman of the Year.

"I knew when I won the award that all my hard work had paid off," she said. "It's not that I expect a pat-on-the-back every time I do something good, but it's nice to be recognized once in a while and to see the benefits of my hard work."

The Milstar satellite constellation instructor said she considers the award a

great honor. "I definitely take a lot of pride in my job and just doing well is not an option," Reyes said. "I strive everyday to be the best that I can be.

"Whether we are in the Guard or on active duty, we are a part of the total force concept and winning this award helps me do my part in showing what the Air National Guard is all about," she said.

Reyes gives the following advice to new airmen striving for excellence in their

In a pinch? Call the AFAF

By AIRMAN JUANIKA GLOVER
30th Space Wing Public Affairs

The Air Force Assistance Fund is an annual fund-raiser held to raise money for Air Force members in need. Money raised during the drive supports a combination of four charitable organizations, the Air Force Village Indigent Widows' Fund, the Air Force Aid Society, the Lemay Foundation Indigent Widows' Fund and the Air Force Enlisted Foundation. Each year, these charitable organizations make a difference in peoples lives through the gift of giving.

According to the online site www.dcmilitary.org, the Air Force Enlisted Foundation provides rent subsidy and other support to indigent widows and widowers of retired enlisted people.

The The Air Force Village Indigent Widow's Fund is a life-care community for retired officers, spouses, widows or widowers of officers and their dependants.

The LeMay foundation provides rent and financial assistance to indigent officers' and enlisted widows or widowers who are unable to move to one of the life-care communities.

The The Air Force Aid Society provides emergency financial assistance to Air Force members experiencing family emergencies.

2nd Lt. Britton Miller, 30th Space Wing manpower management officer, is in charge of Vandenberg's 2003 AFAF drive. The fund-raiser began here March 17 and ends today.

Miller said Vandenberg's goal was to raise \$44,456 this year.

"So far, as of (April 17) we have raised \$33,007," he said.

"People are able to donate to one of the four organizations of their choice. When the fund-raiser is over, the money will be given to each organization according to the way the funds were donated," said Miller.

Miller donated money to the Air Force Aid Society. He said donations from Vandenberg that go to Air Force Aid and the LeMay foundation, often come directly back to Vandenberg.

Last year, the Air Force Aid Society gave \$205,000 to servicemembers here. Only \$29,000 of that money was originally donated by Team V.

Tech Sgt. Larry Tolliver, law office manager at Hanscom AFB Judge Advocate's office, is one example of how the AFAF has made a difference. Tolliver experienced two family emergencies in December 1999.

"I was stationed in Korea when my wife had our youngest daughter prematurely. She was born weighing one pound and 12 ounces. She was about

the size of my hand, however, her will to live was very strong.

"I was home the day after she was born, and immediately I was put in touch with the family support center. I began seeking Air Force Aid help with the mounting debt growing from our daily visits from Hanscom AFB to Boston's Beth Israel Hospital," Tolliver said.

"My daughter remained in the hospital for about two months, which meant we were spending about \$75 to \$125 a week for gas and about \$25 to \$35 per day for parking. After two months, it became a very large bill," he said.

"To make matters worse, a month after my daughter was born, my youngest brother was admitted to an Orlando, Fla. hospital and the doctors couldn't find a diagnosis. His lungs had failed, his kidney's had shut down and all of his organs were not working," Tolliver said.

"I received a call from my father telling me to come home because the doctor had given my brother three days to live. Air Force Aid was in the process of working on my first emergency and immediately started working on my second. Needless to say, they purchased me a plane ticket and wrote me a check to help offset the additional expenses we had incurred after my daughter was born," he said.

"The good news was that an unknown doctor just happened to be passing through Orlando visiting some friends. He was at the hospital and had overheard some of the nurses speaking of a young 24-year-old man they couldn't diagnose. Well, he took a look at the chart and remembered a rare circumstance that would cause such a reaction. He had the doctors run further tests, subsequently giving him a diagnosis and treatment. Within 24 hours, my brother was taken off the ventilator, and within 36 hours his kidneys started functioning again. He was released from the hospital shortly thereafter and after six months of dialysis treatment, he is 100 percent," Tolliver said.

"My daughter was released from the hospital about two months after she was born and is doing well," he added.

"Needless to say, I have been in the service for 16 years, and this is the greatest example of 'us helping us'. This is our chance to help take care of our own airmen," Tolliver said.

Each year the AFAF provides Air Force members the opportunity to help take care of other Air Force members. The AFAF fund-raiser ends today. If you would still like to make a contribution, contact your unit representative.

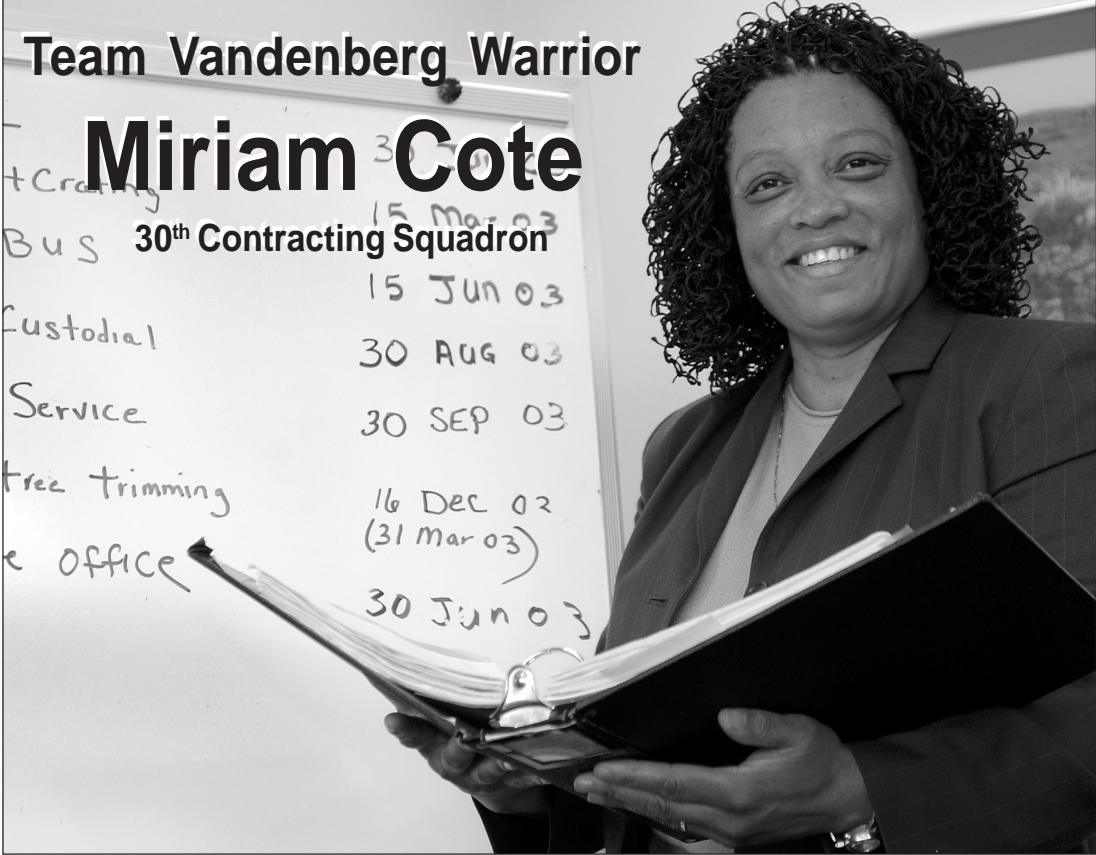


PHOTO BY SENIOR AIRMAN JONATHAN POMEROY

Duty: procurement analyst

Time at Vandenberg: 24 years

Hobbies: reading and collecting children books, sewing, crafts of all types and collecting angel figurines and ornaments.

Favorite part of the job: I like the diversity of my job. As a procurement analyst, I have the opportunity to be involved in a variety of acquisitions ranging from services, construction and specialized range support. This allows me to stay abreast ofn the latest federal acquisition regulations as well as state and local laws that may affect performance on Vandenberg AFB. Additionally, as a member of the 30th Space Wing Plans and Programs Flight, I am responsible for training and teaming with customers to provide guidance throughout the acquisition process. I especially enjoy this aspect of my job because it allows me to interact with many individuals and understand how their jobs are related and

entwined into Vandenberg's overall mission.

Supervisor's comments: "If you need a friend in the contracting business, you need to know Miriam Cote," said Peg Clesson, 30th SW chief of plans and programs. "Her vast technical knowledge of the many regulatory requirements that are involved in turning a customer's requirement into a viable government contract, makes her an invaluable asset to the 30th Space Wing. She is one of those people who really make a difference. On any given day, she may be assisting a program manager in writing a statement of work or doing the final quality check on a squadron member's contracting documents. Regardless, whatever she is working on, she's giving it 100 percent. In her spare time, Miriam is active in her church and in her community. I consider myself very fortunate to work with such a professional!"

Services welcomes base youth

By CARRIE FERNANDEZ
Ms. Foundation for Women

From 1993 until 2002, 71 million American adults participated in the Ms. Foundation for Women's "Take Our Daughters To Work Day" and demonstrated their commitment to "girl power."

After a decade of success, the Ms. Foundation is evolving the program and launching Take Our Daughters And Sons To Work Thursday.

The new program aims to broaden the conversation about work-family issues and encourage "family friendly" workplaces for working mothers and fathers.

By adding children's voices to the dialogue, the foundation hopes to create a future in which girls and boys can participate fully in family, work, and community.

Vandenberg's 30th Services Squadron is pitching in by opening its doors to children at Breakers Dining Facility for

breakfast and lunch.

Enlisted patrons are authorized to bring one child to breakfast, 5 to 8 a.m., and lunch, 12:30 to 1:30 p.m. that day. Patrons must have a valid identification card and will pay the regular cost of the meal for their child.

"Girls asked questions on Take Our Daughters To Work Day that changed workplaces and encouraged more opportunities for women in the workplace," said Marie Wilson, president of the Ms. Foundation for Women.

The new program will continue to educate girls and boys about the wealth of job possibilities for their future, teach them about the realities of work, and give them a glimpse of what the adults in their lives do during the day.

More information about the program and workplace activities are available online at www.DaughtersandSonstoWork.org.

Team Vandenberg remembers victims of the Holocaust

By STAFF SGT. CARMIA BASKER
30th Space Wing Military Equal Opportunity

The Holocaust Days of Remembrance have been set aside annually as a time to remember victims of the Holocaust. Congress enacted The United States Holocaust Memorial Council in 1980 to lead the nation in civic commemorations and to encourage appropriate remembrance observances throughout the country.

The theme for the 2003 Days of Remembrance is "For Your Freedom and Ours," in honor and remembrance of those courageous individuals who rose up against their oppressors sixty years ago.

The Holocaust is one of nine special observances recognized annually by the Department of Defense. In addition to a Holocaust remembrance display in building 11777, the 30th Space Wing Military Equal Opportunity office has put together a five-question trivia contest to test Team Vandenberg's knowledge.

Participants should forward their responses to 30SW/ME@vandenberg.af.mil. The first two

Holocaust Trivia Questions

- What time period does the Holocaust refer to?
- How many Jews were murdered during the Holocaust?
- How did the Germans define who was Jewish?
- Did all Germans support Hitler's plan for the persecution of the Jews?
- Why were the Jews singled out for extermination?

correct entries to the trivia questions will receive a prize. The winners and the trivia answers will be published in the next edition of the *Space & Missile Times*.

There is a great deal of information available detailing the Holocaust. Those who would like to learn more can visit the MEO office or call the MEO staff at 606-0370.

ALCON: Normal

A general condition reflecting responsible alcohol use.

Days since last DUI: 32

DUI totals for the Year: 8

AADD saves this year: 94

30th OG	0
30th MXG	1
30th MSG	3
30th MDG	0
30th SW Staff	0
14th AF	0
381st TRG	1
576th FLTS	1
Det. 9	1
Others	1

For a free and confidential ride home, call Airmen Against Drunk Driving at 698-8823, 698-8822 or 605-AADD (2233).

CARE:

From Page A1
them to read a row of letters, but in the villages we were at, it wasn't always that simple," DeAnda said. "It got to the point that the first question the translator would ask was 'Do you know the letters of the alphabet?'"

When the answer was no, DeAnda would have to use old-fashioned eye charts with the capital letter 'E' facing right, left, up or down to test what people could see. The patient would use hand signals to indicate which way the letter was facing.

Once he figured out what their prescription was he would present them with a set of donated glasses that matched their prescription.

"When you hand people their glasses, it's like a miracle for them," he said. "They would put on their glasses and suddenly they could see again.

They were so excited.

That rarely happens here (in the United States), except maybe when you give glasses to a very young child. There, they would bless me, bless their translator, bless our families.

"It felt like performing one miracle after another."

But a single pair of glasses wasn't enough for everyone.

"Some of those prescriptions were outrageous," he said, referring to people who still could not see even with highest power lenses he brought with him. "It's hard to imagine how they would function in everyday life."

For those, the optometrist prescribed two



PHOTO BY LT. COL. STEVEN DEANDA

A Guatemalan woman sees clearly for the first time. She, like many other villagers, has never owned a pair of glasses.

pairs of glasses – one to wear over the other.

"Unfortunately, you can't help everyone," he added. There were people, including children, who had cataracts that required more specialized care than he could give.

Not being able to help every patient was very real for Dr. Daniel Arnold, the group's pediatrician.

He estimated that he was able to really help only about 50 percent of the children who came to him.

"The parents think you have these miracle medicines that can fix everything and you don't," Arnold said. "It's sad."

"You just have to go with the mindset that you can't help everyone," Everleth said. "You just do what you can."

The humanitarian assignment came from the U.S. Military Group, a security assistance organization that assigns diplomatic missions overseas in order to provide health care in impoverished countries.

In most countries where the United States has embassies, there's a security assistance organization responsible for training and aid in the form of Medical Readiness Exercises in their assigned country.

Medical Readiness missions help build rapport and understanding through free health care and treatment and provide medical staffs with field training.

DONATIONS:

From Page A1
provides a perspective that most Global Hearts spouses can relate to.

"There are phases of grief that come with losing a family member, even if it's just for a short time," said Saheim. "Short TDYs we've all lived with, but then add on the danger element of having a loved one in the line of fire and in a dangerous area, and it's even more important that the families see the support that's out there for them."

The donations will also ease the pain of some tight budgets.

"This means a lot for the families because when the military spouse deploys they may lose income, because they have to stay at home to watch kids or other reasons and it becomes difficult to buy things they need."

"Diapers are expensive and sometimes it comes down to making choices about what you can afford or not."

RETURN:

From Page A1
support from everyone has just been great and it's just so good to be home."

"I couldn't believe all the support for my husband and the other troops at the airport," said Holly Diaz, Staff Sgt. Diaz's wife.

"When I got the call that he was coming home, I closed

my eyes and said 'Thank you Lord' at least a dozen times."

Benedyk and the other returning troops are spending the next two weeks with their families. They were given two weeks off to allow them time to readjust and take care of their personal business before returning to work.

Saheim and other Global Hearts volunteers worked for five days straight to separate and inventory the items. Once complete, the warehouse will be open for "shopping" for the families of deployed personnel and those on remote assignment and for the Guard members who are augmenting the base's security forces squadron. Then the list will be expanded to assist the families of local airmen in need.

"We started Global Hearts a year and half ago with nothing but good intentions and to know that its reach has gone as far down as Los Angeles is pretty awesome," Saheim said.

Saheim had a message of thanks for everyone who supported the program, but wants to remind people that programs like these are only as successful as the people who donate their time to make it work.

"It's important that the support continue," Saheim added. "It's a 'pay it forward' kind of program. You could be next."

The Diaz family has been spending quality time together taking trips to area tourist sites and going to softball practices together.

"We've already gone to Universal Studios and are planning to go to Magic Mountain next," Staff Sgt. Diaz said.

The 16 troops are expected back on the job next week.

BRIEFS:

From Page A1
CLOSURE
El Rancho Road, from 13th Street to Umbra Road, is closed through Dec. 3 to accommodate bridge construction across San Antonio Creek.

SLOGAN CONTEST
Participants may submit a voting slogan that expresses in their own words the importance of voting. Submit slogans by July 11 to the Federal Voting Assistance Program at <http://www.logan@fvap.ncr.gov>.

DORM MANAGER JOBS
There are two immediate job openings for dorm manager positions for senior airmen, staff and technical sergeants. The positions are two-year controlled tours. Applicants should send a

letter of recommendation from their commander and copies of their last three Enlisted Performance Reports to the 30th Mission Support Group deputy commander. Call Senior Master Sgt. Brian Joseph at 606-2990.

COMBAT DINING-IN
The 30th Space Wing's Combat Dining-In takes place May 10 in Cocheo Park. Tickets cost \$10 and are available from first sergeants, unit representatives, or Senior Master Sgt. Michael Tierney at 606-9815.

COMMERCIAL DELIVERIES
All commercial and vendor vehicles are required to enter the base through the Lompoc Gate between 9 a.m. and 3 p.m. Special consideration for delivery vehicles entering the installation at other gates will only be considered on a case-by-case basis. Security

forces request all organizations affected by this procedure contact their respective commercial or vendor agents. For more information, call Master Sgt. Michael McKinney at 605-2585 or 605-0792

TROOP SUPPORT
The Department of Defense proposes ways for Americans to show support for U.S. service members in Iraq. Post e-mail letters online at <http://anyservicemember.navy.mil/About.html>. Supporters can also visit Veterans Administration hospitals and nursing homes, coach children's sports teams, feed the homeless and request local military members to speak at community events.

AIR FORCE RESERVE
Military members can continue their careers in the Air Force Reserve, which

counts toward fulfilling the Military Service Obligation. For more information on the Air Force Reserve, call Master Sgt. Brenda Kartheiser at 606-2704.

CLINIC CLOSURE
The 30th Medical Group is closed for training the fourth Thursday of each month. Those with emergencies, a threat to life, limb or eyesight, should call 911 or report to the nearest emergency room. For urgent care, call (800) 252-3299 or 606-2273.

APPOINTMENT-BASED CARE
The 30th Medical Group is unable to provide walk-in service. Appointments are based on the level of care each patient requires. Acute appointments are provided within 24 hours, routine appointments within 7 days, and wellness appointments within 28 days of request. For

urgent care, consult the TriCare Prime card and call 606-2273. For more information, call Capt. Vernon Swinton at 606-9076.

PATRIOT VOICES
Vandenberg's vocal ensemble, Patriot Voices, needs military members of all ranks to audition for this all-volunteer organization. Patriot Voices performs at various functions on base and in the local community. Call Capt. Zack Guza at 606-4725 or Staff Sgt. Tim VanProoyen at 606-8483.

STOP LOSS
With Stop Loss in effect beginning May 2, the Vandenberg Family Support Center is continuing mandatory pre-separation briefings and Transition Assistance Program seminars for airmen previously scheduled to separate or retire. By staying

up-to-date on these required sessions, airmen can ensure their plans are not held up once Stop Loss is lifted. Call Larry Davis at 605-0134.

GRAB AND GO
Breaker's Dining Facility offers new Chill Blast Grab and Go items that can be heated in a microwave. They consist of one entree and two side items and are available during all meal at Breakers.

SMTHOME DELIVERY
The *Space & Missile Times* should arrive at every on-base residence by 6 p.m. each Friday. Anyone not receiving home delivery should call the Lompoc Record at 736-2313.

GATE OPENING
Titan Gate is open until further notice. Call Master Sgt. Mike McKinney at 605-2585.



SGLI premiums go down in July

By Army Sgt. 1st Class Doug Sample
American Forces Press Service

■ WASHINGTON – The Department of Veterans Affairs has announced that premiums for the Servicemembers Group Life Insurance will be reduced, handing military members a few extra dollars in their pockets each month.

Beginning in July, the cost for a \$250,000 policy — the maximum coverage — will drop from \$20 to \$16.25 monthly, a \$3.75 savings. The Department of Veterans Affairs reports that rates for Veterans Group Life Insurance will not change.

Tom Tower, Department of

Defense’s assistant director for military compensation, welcomed the reduced premiums, adding that anytime you put “more money in the pockets of military members, it’s always a good result.”

Premiums will also be reduced for SGLI family coverage, with rates varying among age groups.

The largest saving will go to spouses 35 to 39 years old, whose premiums will be nearly cut in half. Servicemembers currently pay \$13 for a \$100,000 family policy. That policy will cost \$7.50 beginning in July — a \$5.50 savings.

The reduced rates mean a military family will save an average of \$100 a year. VA officials estimate that servicemembers collectively will save about \$96 million annually in premiums, and \$42 million in

family coverage premiums each year.

“The VA regularly checks to see how much is paid out versus how much is collected in premiums, and whenever it seems like they have built up premium reserves. They like to reduce premiums to keep the cost to a minimum for the member,” Tower said. “It’s part of the objective of the program: to provide the lowest cost possible.”

SGLI began in 1965 to meet the insurance needs of Vietnam-era servicemembers. Before SGLI, the military provided \$10,000 policies to servicemembers, and policies were available to active-duty military only.

Today the SGLI program provides coverage of \$250,000 to active-duty servicemembers and most reservists. Coverage of \$100,000 has also been provided for spouses of participating members with free coverage of \$10,000 for dependent children.

Information about the change in SGLI premiums can be found at www.insurance.va.gov.

Daily news



PHOTO BY CAPT. LESLIE HAUCK

Team V member Senior Airman Brian Hill, 384th Air Expeditionary Wing Public Affairs, helps Tech. Sgt. Scott Rodesky, 384th Air Expeditionary Wing ground safety manager, complete a hometown news release. In addition to the Hometown News Release program, the public affairs office prepares a daily newsletter which provides the camp with national news and up-to-date information on Operation Iraqi Freedom.

**DON'T
DRINK
&
DRIVE!**

If you're drinking alcohol -- you need a ride home. Don't hesitate.
For a free, no-questions-asked ride home, call Airmen Against Drunk Driving at 698-8823, 698-8822 or 605-2233.

Team V hosts two-week training camp

Coaches pick 12 airmen for Air Force women’s basketball team

By Tech. Sgt. Mark McKinney

30th Space Wing Command Section

Twelve women recently spent a two-week working vacation here on the Central Coast opening eyes and making people say, “Wow!”

For the past two weeks, Vandenberg was host to the Air Force women’s basketball team training camp. Coaches Larry Glover and Thomas Highsmith, both active-duty technical sergeants, conducted the camp designed to choose, train, and develop the team that will represent the Air Force in the upcoming Armed Forces Women’s Basketball Tournament.

“We like to spread our camps around to different bases and expose as many bases as possible to what we are trying to do with the Air Force women’s basketball team,” said Coach Glover. “This year, when we were looking for our host, Vandenberg stepped up in a big way and that’s why we are here this year. We’ve enjoyed it here and would like to come back again next year.”

This year’s tournament takes place April 13-18 at Naval Station Everett in Washington state.

Two weeks ago, 19 active duty AF women converged on Vandenberg in hopes of being selected as one of the best-of-the-best in AF women’s basketball. After five days, coach Glover had trimmed the group down to the final 12 who would make up the 2003 All-Air Force Women’s Basketball Team.

Vandenberg Fitness Center director Pam Coffey had a bird’s-eye view of the competition for roster spots.

“This is the first time I’ve had the opportunity to witness anything like this, as far as all-Air Force teams are



PHOTO BY AIRMAN KURT GIBBONS

During a scrimmage April 10, an Allan Hancock College player, rips down a rebound in front of Air Force’s La’Tisha Free.

concerned,” Coffey said. “I haven’t been able to watch every practice, but I’ve watched quite a bit and these ladies are good. I would have to say that each of the women who came to try out for the squad had a legitimate chance of making the team.”

scrimmage before leaving to compete in the championships. The scrimmage featured the AF team verses a collection of Allan Hancock College and local base players. There was never any doubt about the outcome!

The contest opened with a quick

There is always the possibility for hurt feelings whenever this type of high-stakes competition takes place, but that doesn’t appear to be the case here.

“The players who weren’t chosen had aspects of their game that they had to work on,” said the fitness center director. “The group that was chosen has proven over the last several days that coach Glover made solid choices for the team.”

Last Thursday evening, the team played a final

three-pointer by Tammy Brown of Pope AFB, N.C. This was only a precursor to the steady barrage of points that was to come.

Winning the opening tip, point guard Crystal Tanner worked the ball around the offensive set giving each of her court mates a chance to touch the ball. It quickly swung around to Brown who calmly let fly of the long ball that touched nothing but net.

Brown is but one example of the type of player that comprises this year’s team.

“All of these ladies have a solid background of outstanding accomplishments on the basketball court,” Coach Glover said. “Our team may not have a great deal of experience in terms of armed forces competition, but that doesn’t make them inexperienced. That’s important for us because we only have two players returning with experience playing on the Air Force team.”

One of those two players is Lyschale Jones of Langley AFB. Jones has proven to have a silky smooth shot that is reminiscent of great shooters like Seattle Supersonic Ray Allan or Cheryl Swoopes of the WNBA’s Houston Comets. Each time Jones pinpoints a shot it’s accurate and true. Her background suggests that she is accustomed to her shots tickling the bottom of the net.

“I played college ball at North Carolina State University,” said the shooting guard. “I had what, I feel, was a very good collegiate career. I earned the starting spot three of my four years and helped my team make it to a Final Four. My goal for this team is much the same ... I want us to make a strong run at the armed forces title.”

Kimberly Carrion of Dover AFB, Del., is another player with aspirations of helping the team bring home the gold.

“I played college ball at Southwest Oklahoma State and I had some good success there,” Carrion said. “I didn’t have a chance to do everything I think I could because I had to deal with some injuries, but all-in-all it was a good experience. The main thing that I’m proud of is the fact that I earned my degree. That’s the most important thing!”

Carrion is a prime example of the character of this collection of great players.

“We have several women on this year’s team who have aggressively pursued their education,” Coach Glover said. “We not only encourage this activity, but in all actuality we stress it to some degree. We want to make it clear to the ladies that, yes, we want to excel on the court and we plan to accomplish some good things, but getting your education taken care of is big. Winning is not everything to this team and it certainly isn’t the only thing.”

Brown is a good example of the drive for educational excellence. She is a former enlisted member who took her degree and became an officer. Poised and confident, this shooter with ice water in her veins has an impressive resume.

“My background consists of a wide range of experience,” the lieutenant said. “I played college ball for Fayetteville State of the CIAA (Central Intercollegiate Athletic Associate). My personal accomplishments include being named one of the 25 legends of the 50-year

See **PLAYERS** Page A7

PLAYERS:

From Page A6
history of the CIAA.” There’s the obvious reason for the quiet confidence this team leader exudes.

As the scrimmage game continued with the Air Force team demonstrating their considerable talent, coaches Glover and Highsmith orchestrated the game tempo as well as the combination of players on the court. Regardless of the combination, the team was always running on high octane, fueled by consistently aggressive play.

Referee Shenrick Bracy was impressed by what he saw.
“These ladies have some real good talent and they play very well together,” said the referee. “Their aggressive style is going to suit them well as they move on to their tournament. They are going to need that because they will probably have less height than the teams they face and quickness is going to be a key for them. One thing that could be a problem though is the number of fouls committed. Their pressing defense is high-risk and high-reward, but I think they can get it done,” he said.

Angela Rougeau, also of Dover AFB, is key to the team’s aggressive attacking style of play. Rougeau defines intensity and determination. Throughout the scrimmage, she attacked the offensive and defensive boards, played body-up defense, dove to the floor for loose balls, and generally made her presence felt.

Equally adept at blocking shots or dropping shots in the hole, this lieutenant is a catalyst for the spirit on the AF women’s team.

“I feel like we’ve gotten a great deal accomplished in the short time we’ve been together,” said the post player. “We compliment each other well and we’re getting a good feel for what we can each do. I try to be good at every aspect of the game and that’s what I contribute ... a consistent all-around game.”

“Although very humble in her demeanor, Rougeau has played with and against some of the best of women’s basketball. I’ve played with and against players who are in the WNBA,” said the team co-captain.

“While I was playing at Southern Illinois in college our team made it to the Sweet 16 and we played in the championship tournament every year. I would have to say that I had a wonderful college career.”

That’s not the end of her story either. Rougeau also played in the Italian basketball league overseas. Just one more ingredient to add to the pot that coach Glover is happily mixing.

“The experience of this team, in terms of pre-service basketball experience, allows me to teach them plays and have them pick them up almost immediately,” the coach said. “Our game plan is for us to run on the miss.

If the other team misses their shot, our ladies are instructed to push the ball up court and we give them the latitude to

do whatever they want when they are running, as long as they make plays. If there’s nothing there right away, my only direction is that every player touch the ball at least once before a shot is taken on the offensive end. They’ve picked it up and as you can see, they’re executing well.”

Along with being intelligent players, the Air Force women’s team is versatile as well.

“Every single one of these ladies gives us the opportunity to move them around,” Coach Highsmith said. “All of them can score, play defense, handle the ball, rebound and generally do whatever we need them to do.”

“Exhibit A” would have to be Jamila Hodges of Bolling AFB, D.C.

“My background, other than high school track, was playing club ball while I was at the University of Virginia,” said the newcomer. “I’m really just learning the game, but I’m picking things up pretty well.”

She’s also the queen of understatement apparently.

“Jamila can just jump, she’s got unbelievable leaping ability,” said teammate Rougeau. “She is playing down low for a reason and the reason is her strength and jumping ability.

She is strong on the boards and plays strong defense.”

While watching this team play, one thing becomes readily apparent. They are in this for each other and they are a fun-loving group of players.

“We just want to see each other get better and continue to grow as a team,” Carrion said. “We’re going to continue to improve and with the type of support we are getting back home, it makes it easy for us to work hard.

There are a lot of people back at Dover who are making it possible for us to be here doing all this.”

“The main thing I need for people to understand is that this program exists and we have a lot of talented athletes here, but there are a lot of other talented athletes who don’t always get a chance to come and tryout for this team,” Coach Glover said.

“What a wonderful opportunity to serve the AF and at the same time fulfill a passion we all have for the game of basketball. We all have to thank the Air Force and our supervisors for the opportunity to do this ... and I do thank them!”

Vandenberg has learned up close and



PHOTO BY AIRMAN KURT GIBBONS

An Allan Hancock College player quickly drives around Air Force Team member La'Tisha Free of Keflavik, Iceland.

personal about the AF’s newest secret weapon ... now the rest of our armed forces will experience the Air Force’s best-of-the-best in women’s basketball players.

SPACE & MISSILE

FEATURES

Destinations *Central Coast @ the Discovery Museum*

By MAJ. STACEE N. BAKO
30th Space Wing Public Affairs

When my friend suggested we take our kids to the Santa Maria Discovery Museum, I answered with "What discovery museum?" I had never heard of it. Perhaps because of its size or location, it was not on my Mommy-scope.

Located at 321 Town Center West, the easiest way to get there from base is to take Highway 135, until it turns into Broadway, all the way through town until you reach the mall. Town Center West is just opposite the mall on Broadway, adjacent to Big 5 Sporting Goods.

Tucked away in the corner of this little shopping plaza is the Santa Maria Valley Discovery Museum.

Although small, the museum offers 35 interactive exhibits for little hands to explore and learn about the world around them.

Some of the more unique exhibits include a shadow box that produces a perfect shadow



Elizabeth Dettelis, 3, plants a flower to take home with her. The interactive planting station is donated by a local nursery to teach children about how plants grow.

image of you and a friend for all to see; a miniature TV studio where you can pretend to be the news anchor; a huge boat to steer; a make-and-take plant nursery where you can pot a plant and then take it home to grow; and lots of lizards, spiders and other creepy-crawlies for the

kids to 'ooh' and 'ah' over.

This was the perfect way for my active 2-year-old to spend the afternoon.

Even though he spent the majority of the time in the Styrofoam shapes pit, he also kept busy running, climbing, touching, sniffing, laughing, playing, and all those other wonderful 2-year-old activities.

Not only was the museum educational for him, but mom got to play a little too and help him steer the ship, sift through sand to find small shell treasures, and do a news broadcast – extra practice for my job!

It was indeed quality time well spent. Granted, the best part of the trip was the two-hour nap he took afterward. We will definitely be returning. It was an excellent introduction to science and the



Above: Elizabeth and Zachary Bako, 2, attempt to navigate a ball through a giant-sized maze at the Santa Maria Discovery Museum. Right: Zachary takes "Bunny" for a ride on a hobby horse at the museum.

arts for my older boy.

The museum also has a corner completely devoted to children under 2, so I know my 8-month-old will also enjoy it.

He spent this last trip napping the whole time, despite the little shrieks of joy around him.

The discovery museum holds birthday parties with advance reservations and group or school tours are welcome if scheduled in advance.

A Chinese dragon guards over kids of all ages as they play at the discovery museum.

The museum has over 35 interactive exhibits to help kids learn about the world around them. For more information, point your web browser to www.discoverymuseumsantamaria.org or call the museum at (805) 928-8414.



Zachary and Elizabeth spend the afternoon playing in a Styrofoam shapes pit and demonstrating their expertise on naming the colors.



A Chinese dragon guards over children of all ages as they play at the Santa Maria Discovery Museum.

Community Calendar

18
FRI

Volunteers needed – to provide security at the Special Olympics Southern California. To sign up, call Master Sgt. Mike Brown at 605-6281 or email him at michael.brown.t@vandenber.af.mil. Permissive temporary duty is authorized.

Earth Day art contest – deadline for submission is 11:30 a.m. April 26. For more information, call Heather Weare at (805) 264-3002.

National Veterans Wheelchair Games July 5-9 – The Veteran Long Beach Healthcare System needs volunteers for the games. Call (562) 826-8000 to sign up now.

Family support center closure – 11 a.m. to 1:30 p.m. today. Call 605-8553.

Children's Appreciation Day – 3 to 5 p.m. today at the Vandenberg Commissary. Food and games are provided.

Retirement ceremony – Bob Brown, family support center relocation specialist, retires at 11:30 a.m. today at Marshallia Ranch Golf Course. Call 606-0039.

CAL-VET Home Loan class – 1:30 to 3:30

18
FRI

p.m. today at the family support center. Call 605-0134.

Del Rio Cub Scout summer day camp – June 9-13. Open to all boys entering 1st through 5th grades in fall '03. Call 746-5313 or 734-1028.

"Crazy for You" – through May 18 in the Marian Theatre. Call (805) 928-7731.

Marriage enrichment – counseling offered on a one-on-one basis for married and unmarried couples. Call 606-9958.

CCAF finishing requirements online – Students pursuing a Community College of the Air Force degree can take advantage of distance learning opportunities provided by participating accredited institutions through the CCAF Web site at http://www.maxwell.af.mil/au/ccaf/ge_init/. Applicable courses have been reviewed and approved by CCAF.

Yellowstone National Park lodging – Military members, civil servants and their families visiting Yellowstone National Park can rent six-person trailers at

18
FRI

18
FRI

reduced rates. Trailers are available at Flagg Ranch and Lionshead Resort at the park. Phone-in reservations now for May and June bookings, May 1 for July, and June 3 for August and September. Call (208) 828-6333 for reservations.

G.I. Java seeks musicians – G.I. Java is looking for local musicians to play at the coffee house during business hours. Solo performers and bands are welcome. Call Chaplain (1st Lt.) Mike Martin at 606-5778 for an audition.

Gift of Groceries program – The Defense Commissary Agency offers a gift certificate program that allows anyone to purchase commissary gift certificates, which can be donated to military families through charitable organizations or given directly to military friends and family to use at local commissaries. Gift certificates are available online at www.commissaries.com.

The Vandenberg Airmen's Attic – needs donations of items necessary to set up a

18
FRI

household. The program is open to military personnel E-5 and below with an Air Force Form 552 from their first sergeant. Call 606-5484.

Dads-to-New Dads and Moms-to-New Moms programs – These mentorship programs offer support to new moms and dads. Call Nancy Sias at 606-5338.

Free car seats – Available for single-income families E-4 and below. Call 606-5338.

Harbor and boat cruises – Adventure Marina in Morro Bay. Call (805) 772-9463.

Twilight beach horseback rides – Pacific Dunes Ranch in Oceano. Beginners are welcome. Call (805) 489-8100.

19
SAT

Barbecue and garage sale – 7 a.m. Saturday at the Vandenberg Federal Credit Union in Lompoc. Call the Lompoc Chamber of Commerce at 736-4567.

Office closure – The family support center is closed for staff training Mondays from 7:30 to 9:30 a.m. Those requiring emergency Air Force Aid will be assisted. Call 606-0801.

TOPS (Take Off

21
MON

21
MON

Pounds Sensibly – 7 to 8 p.m. Mondays at the Vandenberg Health and Wellness Center. Call the HAWC at 606-2221.

Relaxation room – 8:30 a.m. to 3:30 p.m. Monday - Friday at the HAWC. Call 606-2221.

Pre-separation briefing – 8 a.m. Tuesdays in the family support center. The briefing is required 90 days prior to leaving the service. Call 606-0801.

Joint Retiree Activities Center – Open 10 a.m. to 2 p.m. Tuesday-Friday in building 10346 in the Vandenberg Base Exchange shopping center. Call 606-5474.

Single Parents Support Group – 11:30 a.m. to 1 p.m. Tuesday at the services center. Call 606-9958.

Healthy snacking party – 11:30 a.m. to 12:30 p.m. Wednesday at the family support center. Participants receive free gifts and enter drawings.

Start Your Own Business – 2 to 3:30 p.m. Wednesday at the family support center. Call 605-0134.

Manage Your Move – 8:45 to 11 a.m. Wednesday at the family

22
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THU

support center. Plan to attend 90 to 120 days prior to departure. Call 606-0801.

Depression management group – 10:30 a.m. to noon Thursdays at the Vandenberg Life Skills Support Center. New groups begin every 6 to 8 weeks. The group is open to active-duty members and their dependants who may be experiencing depression. Call Capt. Arlin Hatch or the LSSC staff at 606-8217.

Women, Infants and Children – 8 a.m. to 4:30 p.m. Thursdays in the family support center. Call 605-8557 or the Lompoc WIC office at 737-6470 for an appointment.

REDUX or Career Status Bonus class – 11 a.m. to noon April 25 at the family support center. Call 606-4491.

Spring-cleaning garage and bake sale – 8 a.m. to 1 p.m. April 27 at the Lompoc Vandenberg Federal Credit Union.

Court appointed special advocates training – begins May 5. For more information, call Debra Reynolds at (805) 739-1092.

25
FRI

27
SUN

MAY
5
MON

Chapel Services & Events

For other denomination worship services and events, call 606-5773.

- ♦ **G.I. Java** – This free coffee house is open 5 to 9 p.m. daily for dorm residents. G.I. Java offers lattes, food, fun and fellowship.
- ♦ **Global Hearts** – The program needs volunteers to mow lawns for spouses of deployed members. Call 605-5773 or 606-0039 to volunteer.
- ♦ **Ecumenical Good Friday**

WORSHIP SERVICE TIMES

Sunday
8:30 a.m. Praise and Worship, Chapel 2
10 a.m. Catholic Mass, Chapel 1
11:30 a.m. Traditional Protestant, Chapel 1
11:30 a.m. Gospel, Chapel 2
Monday - Friday
11:30 a.m. Catholic Mass, Chapel 2
Saturday
5 p.m. Catholic Mass, Chapel 2

service – 3:30 p.m. today in Chapel 1.

- ♦ **Easter Sunday sunrise services** – 6:30 a.m. Sunday at Chapel 1.
- ♦ **Good Friday liturgy** – 7 p.m. today in Chapel 1.
- ♦ **Easter Vigil** – 7 p.m. Saturday in Chapel 1.
- ♦ **Easter Sunday mass** – 10 a.m. Sunday in Chapel 1.

Did You Know?

The Vandenberg Honor Guard has a color guard and firing party available to post or present the colors and perform ceremonial salutes.

The teams support changes of command, community events, funerals, weddings, parades and base activities. To request support for an event, call 606-3654.



WANTS YOUR

Destinations *Central Coast*

Have you visited a Central Coast destination lately? Share it with the rest of Team V! Send in a 400 - 600 word rough draft about your adventure! Call public affairs at 606-2040 and send submissions to: space&missiletimes@vandenber.af.mil